



Indian Health Board of Billings



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IHBB INTRODUCTION



- The Indian Health Board of Billings (IHBB) was established in 1977 as a non-profit (501) © (3) to contract for the Indian Health Service, Indian Health Improvement Act, Title 5, Urban Indian Health Program. The Organization is an Urban Indian Clinic that offers various health related, emotional, mental, physical and spiritual services five (5) days a week during business hours. This program started as a subcontract under the Montana United Indian Association, Billings, American Indian Council, and ultimately became the separate program that it is today.
- A six (6) member Board of Directors, who are enrolled members of federally recognized tribes, from the Billings Indian Community provide oversight and policy making.

IHBB MISSION STATEMENT



- To empower the Urban Indian/Alaska Native community, by improving health care services, as providing access to education and outreach. Being Mindful that healing involves every aspect of the human being; emotional, mental, physical and spiritual.
- The goal of the Indian Health Board of Billings is to create an American Indian/Alaskan Native Center that fosters the dreams and hopes of the people we service with INTEGRITY & RESPECT.

IHBB BRIEF OVERVIEW



- The Indian Health Board of Billings is first an Indian Health Center, which provides General Walk-In Clinic, Diabetic, Women's Health & Appointment clinics up to four (4) days per week. Other available services include an immunization program, and HIV/AIDS program, Health Promotion/Disease Prevention Program, and a Substance Abuse program that is both Intensive Out-Patient program and with the Mental Health program, a Co-occurring program and Access To Recovery program. Transportation services are provided to medical facilities in-town daily and to the Crow/Northern Cheyenne hospital in Crow Agency which is sixty (60) miles from Billings four days (4) a week. Both Men's and Women's wellness, and children's wellness is a priority.
- All of the mentioned programs are assisted with: health education, the community television program, monthly newsletter, health prevention, transportation & outreach.

SCOPE OF SERVICES/NEEDS



- Medical
- Laboratory
- Diabetes Management/Control
- Pharmacy
- Environmental Health
- Health Education
- Women's Health
- Native American Youth Group
- Immunizations
- Children's Health Insurance Program Reauthorization Act (CHIPRA)
- Nutrition
- Exercise/Fitness
- Dental
- STD's
- Substance Abuse
- Health Fair
- Medicine Wheel
- HIV/AIDS
- Anger/Stress Management

ELIGIBLE TARGET POPULATION SERVED



- Native Americans (and first or second degree descendants of Native Americans who are enrolled in a federally recognized Indian Tribes) living in Yellowstone County including the City of Billings, Mt. are the primary targets of the IHBB
- More specifically, the target population served is the Urban people living in and around Billings, Mt. The Two-Thousand Ten (2010) Census indicated that American Indians and Alaska Natives made up 6.3 percent of the population or 62, 555 people in Montana. That's up 11.6 percent over the decade of the Two-Thousand (2000) Census. Billings in particular, has a large number of Urban Indians and serves as a major referral location for the Indian Health Service. The majority of American Indians are of Crow and Northern Cheyenne descent, followed by the other Montana Indian Tribes. Billings has a very large Indian population from Wyoming and North & South Dakota as well. The IHBB has had consistently over 10,000 users charted since 1998, with a total tribal affiliation of 85 different tribes.

TOP 10 TRIBES SERVED IN OUR AREA



CROW
NORTHERN CHEYENNE
FORT BELKNAP ASSINIBOINE
TURTLE MOUNTAIN CHIPPEWA
GROS-VENTRE
SIOUX
CHIPPEWA CREE
FORT PECK ASSINIBOINE
BLACKFEET
SALISH & KOOTENAI



OTHER POPULATIONS SERVED



- FQHC's are community-based organizations that provide comprehensive primary and preventive care, including health, oral, and mental health/substance abuse services to persons of all ages, regardless of their ability to pay.
- As an FQHC, IHBB provides services to anyone who walks in the door.
- Due to a contract with the State of MT, the clinic provides some services to non-natives. These services include Substance Abuse and Anger Management groups and the Intensive Outpatient Group. Non-natives are charged on a sliding fee scale for services.

HEALTH PROBLEMS IN OUR REGION



- Through an Indian Health Assessment survey that was recently conducted by the IHBB, the following Health Problems were identified:
 - Diabetes
 - Hypertension
 - Cardiovascular Disease
 - Obesity
 - Cancer
 - Substance Abuse
 - Health Neglect
 - Lack of Preventative Care



YOUTH GROUP



- The IHBB holds regularly an after school group that focuses on helping build low self-esteem levels, teaching traditional values & ways of life, craft building activities, culture, respect & other areas as needed. Healthy Education skills and snacks are provided. Many youth come from dysfunctional homes plagued with substance abuse / and or physical and emotional abuse. The efforts of this type of group have resulted in an increase in GPA, increased self confidence in other school activities and more interest in Native American culture by many of the participants.

MEDICINE WHEEL PROGRAM



- The IHBB has produced this television show since the late 1980's. The Director of Community Channel 7 estimates that roughly 28,000 persons watch the show, which is taped every other Wednesday, and shown every Wednesday at two (2) different time periods. The topics include health education, health related matters, various health factors, guests, getting the message out to the people in a positive way.

CHILDREN'S HEALTH INSURANCE PROGRAM REAUTHORIZATION ACT (CHIPRA)



- The Indian Health Board of Billings targets a population from the Billings for CHIPRA from the Billings and surrounding areas (communities), to ensure access to care through person-to-person contacts. It is the goal and effort of the Indian Health Board of Billings to find and make sure to enroll and reach out to as many Native American families in the greater Yellowstone counties and surrounding areas, for Medicaid and CHIP. American Indian children are often uninsured; although many are eligible for Medicaid and CHIP and do not even realize it. Therefore, the IHBB will reach out and get the word out to help Native Americans and families to ensure more children get the health care they need.

INDIAN HEALTH BOARD OF BILLINGS PARTNERS



- The following entities have been identified as partners for the Indian Health Board of Billings:
 - Altacare of Montana
 - Behavioral Health Associates – Care Mobile
 - Head Start Program
 - Healthy Montana Kids
 - Mountain West Benefits
 - Parents Let's Unite For Kids (PLUK)
 - Riverstone Health
 - Rural Employment Opportunities
 - Tara Sylvester, MA LCPC
 - Yellowstone Boys & Girls Ranch
 - Young Families early Headstart
 - Youth Dynamics
 - School District Two (2)



IHBB CHIPRA OUTREACH



- The IHBB had researched and targeted over thirty (30) different agencies for outreach in getting children and families enrolled in CHIPRA. The other Outreach consisted of setting up a vendor table at various Native American conferences, parent/teacher conferences, school open houses, colleges, summer health fair's, setting up in the local parks when school district two (2) serves free noon lunches, distribution of HMK pamphlets to all elementary/middle/high schools – including rural schools, child care centers, Project Homeless, weekly Outreach at the Women and Family Shelters and participation at the quarterly Indian Education meetings.
- The Highlight of the IHBB success is a \$5.00 gift card for each child enrolled, Healthy Montana Kids promotional items, flexible work schedule that working parents really appreciate, no co-payment for Native American children, small co-payments for Non-Indian Children.

IHBB CHIPRA BARRIERS



- The barriers to enrollment included:
 - Record Retention of parents/guardians
 - Parent/Guardian not prioritizing the children's health care, rather rely on the Indian Health Service.
 - Parent/Guardian/Community needs more education and prevention measures to better understand the program and how it works.
 - More Education on CHIPRA and what it provides for the betterment of the children's health-care needs

IHBB CHIPRA BARRIERS CONTINUED



- Some homes of families cannot meet basic needs of living, therefore do not seem to care about the health and welfare of the children.
- Lack of transportation for parent/guardian.
- Parent/Guardian not able to take leave from work, during normal business hours.
- Having to accommodate to the needs of the parent/guardian.
- Interpreting and helping families understand ambiguous rules and policies; filling out complex forms and collecting numerous documents that families often consider quite personal.

IHBB CHIPRA BARRIERS CONTINUED



- The system requires extensive verification of birth dates, residency, parental income and residency.
- The biggest barrier for the Indian Health Board of Billings is that in Yellowstone County, there are currently twenty (20) other enrollment partners, all doing the same thing. Therefore, the Indian Health Board of Billings must find better unique ways of getting the word out and getting children enrolled in the program. It is a competition for all in Yellowstone County and the Billings area.
- The Transient nature of the population that the Indian Health Board of Billings works with.

IHBB CHIPRA OVERALL GOAL



- The Indian Health Board of Billings set out to achieve and track the success of the project through various capacities, such as utilizing surveys and the Outreach worker and team. Monthly utilization reviews on the youth and monthly reports on the activities and progress made is conducted monthly. This process helps to set goals, stick to them and succeed to another level. Quarterly reports and a Summative yearly reports are expected for this project and do get done. The Indian Health Board of Billings utilizes a Resource Patient Management System (RPMS) for all statistical reporting for all areas of the facility. This type of system is being used from inception to end for better statistical data and proper tracking. To sum it up, IHBB sets goals – achieves them – and sets bigger goals – and – continues to achieve them – as IHBB currently has over 260 people enrolled in the program in 1.5 years of a 3 year program.

CONCLUSION



- Through the strong leadership of the IHBB Executive Director, Ms. Marjorie Bear Don't Walk, the Indian Health Board of Billings works through the utilization of a "Team Work" approach and that is very important to move forward with progress and to show compassion in your work.
- Upon inception of the very worthwhile grant, it was proposed that the IHBB team will work diligently and sort of "Pave the Road" for others to follow and thus far that is what we are doing.
- The Indian Health Board of Billings continues to thrive by its goal to create an American Indian / Alaskan Native Health Center that fosters the dreams and hopes of the people they serve with Integrity and Respect. Being mindful that healing involves every aspect of the human being; emotional, mental, physical and spiritual.

“All things are connected.
Whatever befalls the Earth
Befalls the Children of
The Earth.”

~Chief Seattle, Suqwamish and Duwamish

